



Abe Lincoln Opens Doors for Public

By MC3 JAMES R. EVANS
Penny Press staff

USS Abraham Lincoln (CVN 72) opened its brow, hangar bay and flight deck to the public July 4 as part of Naval Station Everett's Family Freedom Festival.

Approximately 5,000 visitors were treated to an up-close look at the Everett, Wash.-based Nimitz-class aircraft carrier during the event, which lasted from 12 a.m. to 6 p.m. For many of the guests, it was a once-in-a-lifetime chance to stand inside an aircraft carrier's cavernous hangar bay and atop its four-acre flight deck.

"My brother was in the Navy and I always wondered what it's like on a Navy ship," said Alice Rumsey, a retiree who lives in Everett. "Seeing how massive everything is, I'm just flabbergasted, and it's such a patriotic experience being here on the Fourth of July."

Under sunny skies and warm weather, Lincoln's Sailors rolled out the red

carpet for the visitors, who were invited to roam and ask questions, and take a ride on one of the ship's four aircraft elevators up to the flight deck. Sailors also hosted interactive displays to show off the facilities and technology aboard the ship.

"We've been tying a lot of knots for people, showing off the man overboard dummy, and just answering general questions about what it's like to live and work on a carrier," said Seaman Brandon Anderson, assigned to Deck Department's display booth. "I'm having fun; I'm a show-and-tell kind of



Photo By MC3 James R. Evans

Torpedoman's Mate 3rd Class Zach Morrow and Aviation Ordnanceman Airman Scott Duquette of Weapons Department shows off weapons from the ship's armory to visitors in the hangar bay of USS Abraham Lincoln (CVN 72) during the ship's Independence Day open house. Lincoln hosted 5,000 people during the event, in which the public was invited to come aboard and tour the aircraft carrier's hangar bays and flight deck.

guy and I love seeing people take an interest in what we do."

According to Lincoln's Executive Officer, Capt. Thomas Nosenzo, the open house was a way of giving back to

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Abe's XO Releases New Standards for Civilian Clothes

By MCSN KATHLEEN CORONA
Penny Press Staff

Trying to decide what to wear in the morning for Sailors on USS Abraham Lincoln (CVN 72) is a pretty easy choice: utilities or coveralls.

It's when those Sailors hear the magic words, "Liberty call! Liberty call!" that the decision becomes difficult. Still, it's important to maintain a professional appearance while on liberty.

Abe's executive officer, Capt. Thomas Nosenzo, and Abe's

command master chief, CMDCM Eric Schmidt, have outlined Lincoln's new civilian clothes policy in an "XO Gram," or a memorandum released to the ship by Nosenzo.

"We have to present an acceptable representation of the Navy," Nosenzo said. "Even off duty we represent the Navy and the command."

"We have a responsibility to establish professionalism on and off duty," Schmidt said. "People look to us for professionalism."

According to Nosenzo, the new policy is a refresher of the

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a community that has supported Lincoln so well over the years.

"Everett is a great community and a fantastic home port and we wanted to take advantage of the opportunity we had to let the public come on board so we could show them a little of what Lincoln and the Navy are all about," Nosenzo said.

Following the open house, Lincoln Sailors and their families were treated to a Fourth of July fireworks viewing and refreshments on the ship's flight deck. Lincoln recently returned to Everett following a nine-month shipyard availability at Puget Sound Naval Shipyard in Bremerton, Wash.



Photo By MC3 James R. Evans

Aviation Boatswain's Mate (Handling) 3rd Class Marquis Clark ensures the safety of visiting guests as they ride one of four aircraft elevators to the flight deck of USS Abraham Lincoln (CVN 72) during the ship's Independence Day open house.

Abe Sailors, Families Enjoy Fireworks From Flight Deck

By MCSN TIMOTHY ROACHE
Penny Press Staff

Crew members of USS Abraham Lincoln (CVN 72) were given the opportunity to have friends and family on board to view fireworks from the flight deck as part of Naval Station Everett's Fourth of July Celebration, Wednesday.

Lincoln opened the flight deck and welcomed friends and family to view the extravaganza after an open house held that day.

Many guests were excited and felt honored to be part of the event.

"I'm ready to re-enlist," joked 84-year-old Jack Kruckeberg, a former Seabee. "This was truly a great experience."

Lincoln Sailors also had a good time at the spectacle with their family members.

"It was really refreshing," said Master-At-Arms Second Class Kenneth Akers, who brought his wife and son aboard. "It reminds you of why you're doing this (Navy), for your family and others."

Lincoln Sailors, along with their family and friends, sat and watched in awe of the firework show that lasted nearly a half an hour.

As the fireworks came to an end, Sailors escorted their friends and families off the ship to conclude their Fourth of July festivities.



Photo By MCSN Timothy Roache

Fireworks explode as friends and families of Sailors on USS Abraham Lincoln (CVN 72) watch from the flight deck. Lincoln opened its flight deck to the guests as a wrap up to the ship's Fourth of July Celebration, which included an open house tour of the ship.

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Executive Officer..... Capt. T. E. Nosenzo
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Local Stories

CLOTHES

Continued from page 1

existing policy set in place by Lincoln's previous XO. The new XO gram is more streamlined. New policies were added, while some policies were only modified.

"The Captain, the XO and I all agreed that we wanted to make those Sailors who live on board feel comfortable during liberty hours," Schmidt said. "We have relaxed the restrictions on wearing civilian clothes while in designated smoking areas, in the cell phone corral and on the mess decks."

"That part of the policy has been relaxed," Schmidt said. "But that doesn't mean the policy as a whole has relaxed."

The idea is to make it easier to be a Sailor living on the ship in homeport, Nosenzo said.

"It's the Sailors who wear civilian clothes who will make this policy work," he said. "They will have to police themselves."

Another big change to the policy is the restriction of strapless sandals or flip-flops. They will no longer be authorized while on board the ship in the hangar bays, or while crossing the brow.

"The restriction only applies on board," Nosenzo said. "The shoe restrictions are the only restrictions in the policy for safety reasons rather than presenting an acceptable image for the Navy."

Other changes to the civilian clothes policy include an addition to the t-shirt restriction. Initially, dirty or offensive clothing, or clothing that promotes drug use was unauthorized. As per the latest XO gram, clothing that promotes excessive consumption of alcohol is also unauthorized.

Schmidt said enforcement of the policy is what will make the changes in it possible.

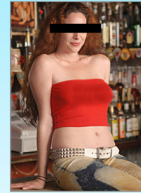
"There isn't a time when we stress it and when we don't," Nosenzo said. "It's for when we are in homeport. When we're underway it's different."

While at sea, Abe Sailors should remain in uniform or PT gear, he said. At port

USS Abraham Lincoln's Liberty Fashion Do's and Don'ts



Don't wear tank tops, tube tops or sports bras



Do wear a hat with the bill facing forward or backward



Do wear neat, clean clothes



Don't wear shoes with no laces or laces untied

Don't wear do-rags, bandanas or hairnets



Don't wear shirts that expose midriff



Don't wear white T-shirts without something over them



Do wear sleeveless sundresses or similar styles if they are conservative.

Additional Don'ts

- Don't wear shower shoes outside of berthing.
- Don't wear denim with more than one inch of fraying.
- Don't wear sports jerseys longer than mid thigh.
- Don't wear more than one pair of earrings per ear.
- Don't wear vulgar, obscene or offensive clothes.
- Don't wear clothes that promote drug usage.
- Don't wear shorts, skirts, trousers or jeans that allow undergarments to be seen.

Additional Do's

- Do wear a belt if pants cannot stay on up on their own.
- Do wear clothes that are in good taste.
- Do wear sports jerseys with white t-shirts on underneath.
- Do wear sandals with ankle straps.
- Do wear denim with less than one inch of fraying.
- Do wear halter-top style shirts or blouses if they are modest.
- Do wear tennis shoes with socks

calls, the civilian clothes policy may be more restrictive depending where the ship is.

"A stipulation in the policy is that it works along with other policies," Schmidt said. "Another policy can always be more restrictive, but it cannot be less restrictive."

According to Nosenzo, the policy in liberty ports is the same underway. The exception is that Sailors may come on and off the ship in civilian clothes that

conform to the new policy. When on the ship, Sailors are required to get back into uniform.

"It all goes back to maintaining a professional appearance whether on or off duty," Schmidt said.

According to Abe's new clothing policy, all civilian clothes worn off duty during liberty hours should be conservative, clean, neat and in good taste. No vulgar, obscene, or offensive items are permitted at any time.

Local Stories

Birthday Meal Celebrates Sailors Born in June

By MC1 PATRICK SULLIVAN
Penny Press Staff

Abraham Lincoln's First Class Association sponsored Lincoln's monthly birthday meal Friday night in the First Class Mess. Lincoln Sailors who had birthdays in the month of June celebrated with filet mignon and crab legs. First Classes from many of Lincoln's departments were on hand to serve drinks, birthday cake, and ice cream.

Abraham Lincoln's Command Master Chief, CMDCM Schmidt spoke to the Sailors before dinner. "I have spent more birthdays with my family in the Navy than I have with my family at home, and it's extremely important for all of you to remember that the person sitting across from you tonight is part of your family," said Schmidt.

The youngest and oldest Sailors cut the birthday cake, kicking off the event. Intelligence Specialist First Class Jeremy Heyer lead the First Class effort.

"This is my seventh time helping out with the birthday meal, and they are always enjoyable events," Heyer said. "If you hear about a birthday meal coming up, definitely get down and sign up for it, you won't regret it".



Photo By MCSN Chantell Wilson

PSSA Esmeralda Garcia Velasquez and BM1 Valencio Quintana cut the birthday cake for USS Abraham Lincoln's (CVN 72) June Birthday Party with the help of CMDCM Eric Schmidt, Friday night.

Congratulations on Your Advancement

ABE1 Daniel R. Longwell

ABH2 Katrina M. Buelva

ET2 Andrew M. Senary

ABH2 Jermaine A. Smith

ABH3 Christopher J. Adamson

ABH 3 John F. Glosson

ABF3 Kurt P. Reagan

ABF3 Gabriel Salidomendoza

ABH3 Robert A. Ziesler

SK3 Angela Aldridge

SK3 Brynt D. Merritt

AO3 Anthony Rivera

SK3 Billy J. Saechao

PS3 Dayton S. Franks

PS3 Rath E. McCormick



July 6, 1747

-John Paul Jones is born in Arbigland, Scotland.

July 6, 1976

-First women enter U.S. Naval Academy.

July 7, 1916

-Thomas A. Edison becomes head of Naval Consulting Board, which screens inventions for use by the Navy.

July 7, 1948

-First six enlisted women sworn into Regular Navy from the Navy WAVES of the Naval Reserve

Local Stories

Everett Welcomes Lincoln Home After 9-Month DPIA

By MC3 BRAD WAGES
Penny Press Staff

A feeling of anticipation swept the crew of USS Abraham Lincoln (CVN 72) as the ship entered its homeport of Everett June 30, after nine months away.

Much of Lincoln's crew has been commuting five- to six-hours each day from homes in the Everett area, taking a Navy-contracted ferry service across Puget Sound. In August, 2006, Lincoln entered Puget Sound Naval Shipyard in Bremerton, Wash., three weeks after completing a six-month deployment to the Western Pacific.

Intelligence Specialist 3rd Class Eric Turnbull said it felt great to be back. "I'm originally from the Everett area, so it's awesome for me. I'm going to be taking some leave, and spending time with my family."

Turnbull said getting the ship out to sea for sea trials was a relief after the lengthy dry-dock planned incremental availability (DPIA).

"When we're out at sea, it feels like we're actually doing the work that Sailors are supposed to do," he said.

Lincoln and crew spent the last five days being put through their paces, conducting numerous drills, high speed turns and stops, weapons tests, tests of anchoring, boats and other ship's systems, and communications, navigation and radar checks.

Airman Matthew D. Jenkins, an aircraft handler aboard Lincoln, said he has been anticipating getting back underway for a while.

"It's really good being out to sea. Now I can do my job, and there's no better feeling. We have to be at sea for me to do my job," said Jenkins.

Chief Corpsman Bernie C. Guinto said the ship is meant to be



Photo By MC3 James Evans

Sailors man the rails as USS Abraham Lincoln (CVN 72) pulls into its home port at Naval Station Everett, Wash. Lincoln returned to Everett for the first time in 10 months, having completed sea trials and a nine-month Dry-dock Planned Incremental Availability (DPIA) at Puget Sound Naval Shipyard in Bremerton, Wash.

out to sea.

"I'm excited to be underway. We were in DPIA for nine long months. The ship belongs out at sea."

According to Guinto, being at sea always brings the crew together as a team.

"Underway, the departments have to work together. Like the Supply Department, we work hard to support the rest of the ship. We work quickly to help the rest of the ship get the job done," said Guinto.

Lincoln was scheduled for visits throughout the July Fourth week, including public visiting on the fourth arranged through Naval Station Everett, before it begins an intensive pre-deployment work-up cycle.

Abe Lincoln Departs Everett for Scheduled Work-Up

By MC3 BRETT MORTON
Penny Press Staff

USS Abraham Lincoln (CVN 72) got underway from its homeport of Everett Wash. on July 7 for a scheduled work-up.

After spending nine months at Puget Sound Naval Shipyard in Bremerton, Wash. for a Dry-Dock Planned Incremental availability (DPIA), and nearly a week of sea trials, Lincoln spent a few days in its homeport which gave the crew some time at home before returning to sea.

"It was really nice to be home for the 4th of July and to spend some time with my wife" said Aircrew Survival Equipmentman 1st Class (AW) Uriah Harriman.

After some time at home, Lincoln's crew of approximately 3,300 Sailors were all aboard and ready to set out for training at sea.

When asked about getting underway, Master Chief Aviation Ordnanceman (AW) Joel Clayton said "I love making a wake, I

joined the Navy to get ships underway."

Lincoln will make its way from Wash. to San Diego, Calif. to pick up more than 2,000 personnel of Carrier Air Wing (CVW) 2 along with all of their aircraft and equipment. The time spent aboard will give both Lincoln's crew and CVW 2 time to train together.

"While we are underway we will be doing FRCQ's (Fleet Replenishment Carrier Qualifications) and training with some RAG (Replacement Air Group) squadrons," said Intelligence Specialist 1st Class (SW/AW) Jeremy Heyer.

Despite not being out to sea with the air wing for some time, the crew of Lincoln has been working very hard to maintain its high standards of training and getting all of the ship's upgrades and improvements ready for the ship to set sail yet again.

After being in the shipyard for many months, the ship's training at sea is expected to greatly enhance its operational readiness and will make the team of USS Abraham Lincoln and CVW 2 a much more cohesive unit.

Arts & Entertainment

Music Review

By MCSN TIMOTHY ROACHE

Penny Press Music Correspondent

Scary Kids Scaring Kids – The City Selves In Flames

I found this album in some small record shop in Seattle's University District. I had never heard of them, I just liked their name and the album cover (sometimes this is the best way to pick up something). Nervous but eager I loaded it into my car's CD player and right away I was blown away. Melodic post-hardcore with a hint of Emo and a keyboard makes this album a standout. If you're into bands like Thursday, Senses Fail and Taking Back Sunday, but tired of all of the songs sounding the same, check these guys out.

August Burns Red – Thrill Seeker

Coming from the same light as Haste

the Day, As I Lay Dying and UnderOath comes another band that will (as Destroy the Runner said) "rip your face off." When I first heard these guys it was in concert; a bunch of guys just wearing jeans and t-shirts, pretty clean cut. Before they performed they did a group prayer and the whole place was silent for a minute. I didn't pay \$20 to stand in silence, but that silence did not last long, actually it was anything but silence when they started playing "A Shot Below the Belt." This is by far the greatest song on the album, but the whole album is hard and heavy and will have your blood pumping the whole time.

Think Differently – Wu-Tang Meets the Indie Culture

Anyone who listens to hip hop or rap remembers when Wu-Tang reigned supreme in the 1990s. In 2005, this album came out. The aim was to make

something no one had ever heard before, mixing indie hip-hop in with a big name. Sadly, this album barely saw the light of day, but it's also good because it makes this a rare gem. This album will have you question the mainstream record industry and record producers. Why can't they think differently?

Jay-Z & Danger Mouse – The Gray Album

Jay-Z is a talented rapper, and has some decent beats, which really makes him stand out from the mainstream rap that is coming out. The Black Album was a true piece of work, but producer Danger Mouse found a way to make that album something for the ages. But once again, if you're not a big name, you don't get big sales. This is technically a very complex album when you listen to it closely, but it is so easy to get lost in and every time you listen to it you will notice something different.

Cooking Tips for Healthy Eating, Romantic Dinners

By CS3 RYAN P. ANDERSON

Penny Press Cooking Correspondent

Since the PRT is coming up soon I am trying to eat healthier. Any suggestions on some good foods?

Well if you are trying to reach a weight loss goal I would suggest you start by eating more fruits and vegetables and stay away from anything that has hydrogenated oils, trans fats, and high fructose corn syrup. Try to eat a lot of fiber, things like broccoli and whole grain breads. If it is muscle you are after then before you go to work out be sure to eat foods high in protein and low in sodium. Try having a handful of unsalted peanuts before you work out. Be sure to get your omega threes. A good book to read would be The Abs Diet by David Zincenco.

Hey there CS3, my wife and I will be celebrating our 10th anniversary soon and I was wanting to do something romantic and make a special dinner for her. Do you have

any suggestions?

Well, I would actually suggest some Italian food. A good choice would be chicken parmesan with steamed and buttered vegetables and French bread followed up by chocolate covered strawberries and champagne or desert wine of your choice. If you want to really go all out try setting up a chocolate-fondue with different types of fruit for a desert. However, it also depends on what types of food she likes. If she doesn't like Italian food, try sea food. Just stay away from anything with a lot of garlic, onions, or anything that will induce heartburn or gas (not the most romantic feelings). Stay away from Mexican food as well as Indian food.

ASK A COOK!

Do you have questions regarding the culinary arts (dessert tips, easy to make garnishes, meal ideas for that special occasion)? Send them to CS3 Anderson at anderson.ryan@cvn72.navy.mil and he will pick two or three questions each week to answer in his column.



Arts & Entertainment

Movie Review

Live Free or Die Hard Makes Up for Summer Sequels

By MCSN JOSEPH SCARBERRY
Penny Press Movie Correspondent

When “old school” New York City policeman John McClane (Bruce Willis) meets “new school” cyber-terrorist Thomas Gabriel (Timothy Olyphant), the forces collide in attempts to thwart one another in their desperate attempts to save and destroy the United States, respectively. With the assistance of a young hacker (Justin Long), McClane goes through hell and high water, several cars, and a few helicopters too to defeat Gabriel.

Setting aside the fact that this is probably the billionth sequel put out this year, this film was really good. The movie was built from the ground up for the explosion/car chase/gun fighting fan and I’m a bit of all three. Its PG-13 rating was not wasted, though I think they barely dodged the ‘R’ rating with the violence and foul language.

The storyline is solid, especially considering that it’s an action flick. In between the cussing, exploding, and shooting, there’s a fairly solid story that has a fairly discernable plot. I say fairly, because it’s still an action flick. Those of you seeking a mindless, two-hour marathon of exploding vehicles and other elements of chaos will enjoy it just as

much as those who are interested a story with gratuitous use of... well... explosions.

Aside from the main cast of actors and actresses, the one person that stood out would be Kevin Smith. As “The Warlock,” Smith aides the protagonists briefly in the middle of the film with guru-like knowledge of computer hacking. There’s also some kind of connection between “The Warlock” and Gabriel, but it doesn’t delve much deeper than a very brief informal talk between the two.

Explosions and action sequences are often choppy with shaky cameras in action films, but I barely noticed while watching this one. It put you in the film without giving you the headache and the nausea of normal action flicks.

Overall, “Live Free or Die Hard” is a movie definitely worth viewing if you get the opportunity. It’s got everything an action fan could ever ask for.



Four-and-a-half Scarberrys for explosions, gun fights and a decent sequel.

Cartoon Fans Around the World Rejoice for Transformers

By MCSN JOSEPH SCARBERRY
Penny Press Movie Correspondent

Sam Witwicky (Shia LaBeouf) is a dorky high school kid working hard to get his first car and life doesn’t get much easier afterwards. When his car turns out to be the Autobot Bumblebee, life changes dramatically as the hunt for the item of its creation, the All Spark, is intercepted by the Decepticons.

Set in present day, the movie follows Sam, his girlfriend Mikaela (Megan Fox), a handful of U.S. service members, and five Autobots to finish out a war that’s erupted on Earth between the factions of the Autobots and the Decepticons.

With fighting robots and explosions galore, Transformers made a lot of nostalgic feelings come back in the form of a live action film for a lot of folk. Rated PG-13, they put the rating to fairly good use, though they would have been hard pressed to lower or raise the rating without trying hard.

Most critics are claiming that the storyline is rocky and

barely visible at best, but I found the plot and the action to be easy to follow as it all blended together as a masterpiece.

Peter Cullen, original voice for Optimus Prime, returns to his role for the film, making “Transformers” fans ecstatic.

The rough-and-tumble style of fighting they used for a lot of the scenes of bot combat was hard to follow at times, as the robots blended together in heaps of metal. Despite this, the film was otherwise shot well, and the rest of the scenes were understandable.

Overall, “Transformers” is worth seeing when we have time back in port.



Transformers receives five Scarberrys for bringing back fond memories of childhood by combining the greatest cartoon ever and some hard-core awesome cars.

Lincoln Pride



MC3 James Evans



MC3 Justin Blake



MC3 James Evans

Welcome Back to Everett



MCSN Kathleen Corona



MC3 James Evans



MC3 Justin Blake

Lincoln Pride



MCS James Evans



MCS Patrick Benefield



MCS Ronald Dallatore



MCSN Timothy Roache

Happy Independence Day!



MCSN Timothy Roache



MCS James Evans

Finishing Touches



Shipmates

The strength of a warship lies in the hearts and hands of its crew.



Photo by MC3 Geoffrey Lewis

(From left) Electronics Technician 3rd Class Jessica E. Jones, ET3 John Blundell, ET2 Rebecca Baity, ET3 Jayson Byrd, ETSN Heather Schoenstein, and ET3 Ryan Cole are the proud recipients of the title of Sea Puppy, bestowed to them by Chief ET (SW/AW) Victoria Evans-Spates for their first time out to sea during sea trials.

Editor's Top 10

Top 10 reasons why NewsLinc is awesome.

10. It means you don't have to read this list to get news on the ship.

9. It's award-winning... so says our chain of command...

8. If you don't like it, you can always turn it off.

7. No Paris Hilton jail news to ruin your day.

6. Watching it is better than EMI... Of course, it can always be used as EMI.

5. You get to see just how cool the Media department really is.

4. Being on it makes you a celebrity -- on the ship at least.

3. It's not a whole day evolution.

2. We'll put anybody on the air.

1. Man on the Street. There's nothing more to say it's just that awesome.

Check out everyone's favorite show NewsLinc, July 21!

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you've got a face
for radio?**

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